



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09522, Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium

Report Date: June 30, 2017 00:55 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------------|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 88.60 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Energy | kcal | 45 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2015 |
| Energy | kJ | 187 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2015 |
| Protein ¹ | g | 0.27 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Total lipid (fat) | g | 0.12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Ash ¹ | g | 0.10 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Carbohydrate, by difference | g | 10.91 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2015 |
| Fiber, total dietary ¹ | g | 0.1 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Sugars, total ¹ | g | 9.80 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Sucrose ¹ | g | 0.10 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |

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|---------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Glucose (dextrose) ¹ | g | 4.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Fructose ¹ | g | 5.70 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Lactose ¹ | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Maltose ¹ | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Galactose ¹ | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 19 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 03/2015 |
| Iron, Fe ¹ | mg | 0.08 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Magnesium, Mg ¹ | mg | 5 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Phosphorus, P ¹ | mg | 8 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Potassium, K ¹ | mg | 76 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Sodium, Na ¹ | mg | 6 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Zinc, Zn ¹ | mg | 0.05 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Copper, Cu ¹ | mg | 0.016 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Manganese, Mn ¹ | mg | 0.067 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Selenium, Se | µg | 0.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid ¹ | mg | 31.5 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Thiamin | mg | 0.005 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Riboflavin | mg | 0.015 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Niacin | mg | 0.094 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Vitamin B-6 | mg | 0.018 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Folate, total ¹ | µg | 18 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |

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|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Folate, food | µg | 18 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Folate, DFE | µg | 18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2015 |
| Choline, total | mg | 1.8 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Vitamin A, RAE | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2015 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Carotene, beta ¹ | µg | 15 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 43382 | 03/2015 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 43382 | 03/2015 |
| Vitamin A, IU | IU | 25 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2015 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 43382 | 03/2015 |
| Lutein + zeaxanthin | µg | 68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 43382 | 03/2015 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated ¹ | g | 0.002 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 14:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 16:0 | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 18:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Fatty acids, total monounsaturated ¹ | g | 0.002 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 18:1 undifferentiated | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Fatty acids, total polyunsaturated ¹ | g | 0.002 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| 18:2 undifferentiated | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |

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|---------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 18:3 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09444 | 03/2015 |
| Fatty acids, total trans ¹ | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Cholesterol ¹ | mg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2015 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 03/2015 |

Sources of Data

¹Ocean Spray Cranberries, Inc. Nutrient composition of Ocean Spray products, 2015